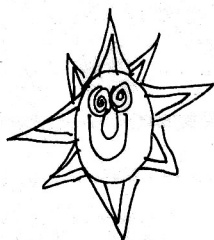
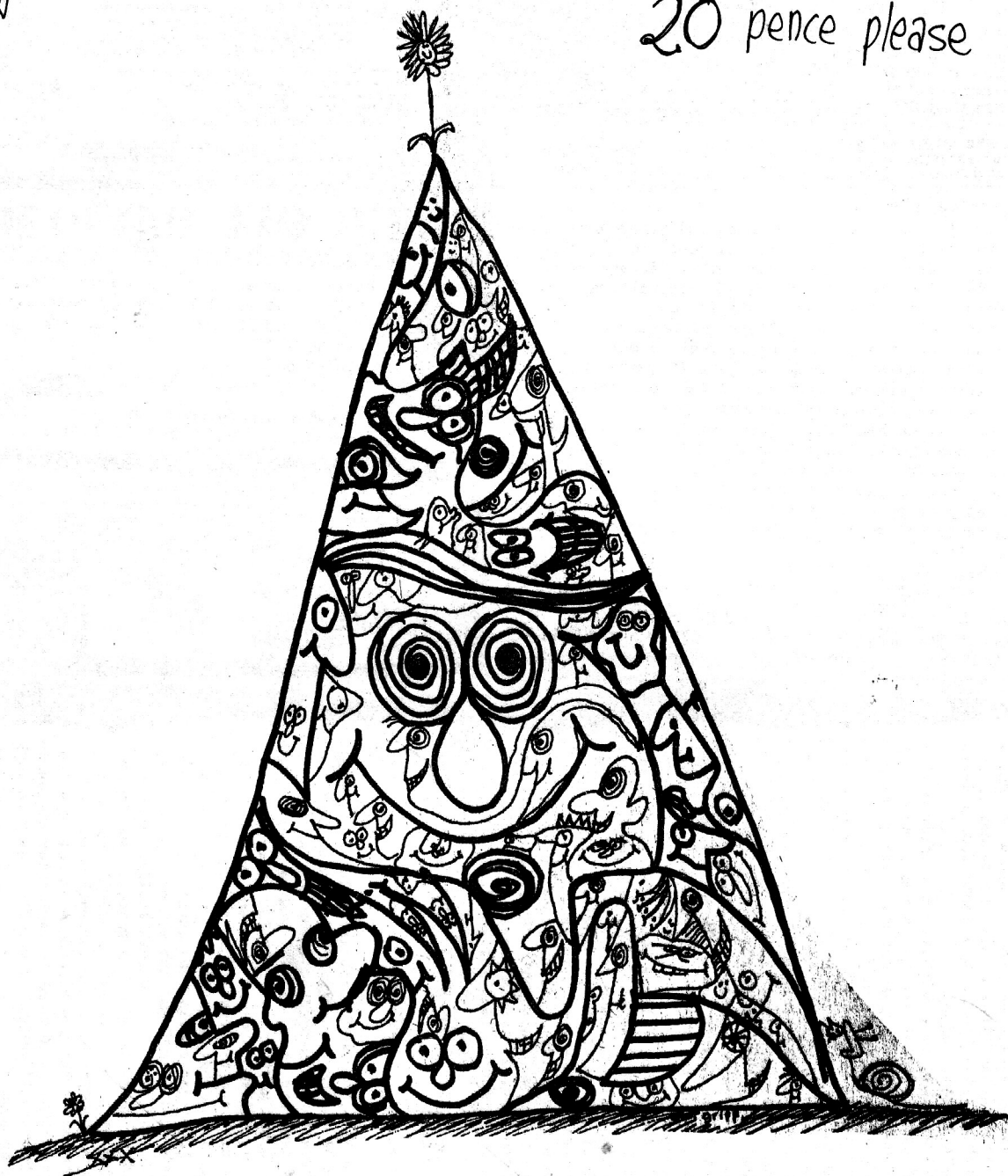


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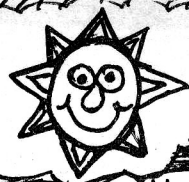
happy Smiling Faces
number two
20 pence please



inside you will find astronauts interview, gong, vegan recipies,
sea vegetables, personal views + articles + more

keep smilin'
mates

Vegan recipe page



right on! well folks here are some loveleeeeey recipies from the the land of happy smiling foods. All of these have been tried and they are nice in one way or the other, so send in any VEGAN recipies you've had and we'll print it (only vegan recipies no vegetarian stuff thanks) anyway here they are!!

Sosmix fry up - ingrediants - sosmix, brown rice, pearl barley, mixed veg, mushrooms, tomatoes + tomatoe puree, soya sauce, lentils, onions, peanuts

Method - Boil up brown rice, pearl barley, mixed veg, lentils until cooked then add to the frying pan which also has veg fat, sosmix mushrooms, onions, tomatoe + tomatoe puree, soya sauce + onions sizzling away, also add some water from the brown rice pan into the frying pan (before you fry anything) cook for a few minutes + keep stirring then eat. The good thing about this is you can use any amount you want + its brill!!!

Tastex biccies - ingrediants 8oz wholemeal stoneground flour, 1 derst spoonful of soya flour, 4oz vegan marg, 2 tsp tomatoe puree, 1 tsp tastex, 1 tsp mustard.

method Mix together to make pastry adding sufficent water to bind. Roll out quite thinly, cut into rounds and prick, Bake for 10-15 mins. Makes about 50 savoury biscuits. yum yum

bean roast - ingrediants 8oz beans (black eye, mung, Aduki and butter), 2oz onions, 2oz tomatoes, 3 tbs veg oil, 2-3 lbs water, 2oz porridge oats, 1 tsp tastex / barmene, herbs of your choice

Method - soak beans for 24 hours in lukewarm water, changing water several times. Simmer until soft (at least 20 mins), strain. Mash well until free of lumps. Cook chopped onions + tomatoes in oil, stir in other ingrediants & blend with beans. Bake for 20-30 mins. It can also be served uncooked with salad.

home made museli

ingrediants - porridge oats, wheata flakes, raisens, nuts, currents brown sugar etc..

method - mix them all up and serve with soya milk.

Vegan "2-3-4" biscuits - ingrediants 2oz sugar, 3oz vegan marg, 4oz self raising flour

method cream sugar + marg then add flour, knead firmly and the mixture will bind together. Roll the mixture into 12 balls and put onto ungreased baking tray allow room to spread. bake in centre of a moderate oven, mark 3, 325 deg for 15 mins. cool + then munch!!! (also you can add nuts to this!!!)

stuff your murder, meat eaters



Sea Vegetables

— OR THE HARVEST OF THE OCEANS —

The sea is perhaps one of our greatest untapped food reserves; it contains a vast wealth of nutritious and tasty edible plants dismissed by most people as 'seaweed', which is a bit of a misnomer as seaweeds are among the richest vegetable sources of the minerals we need, iron, calcium, potassium etc., as well as containing many vitamins - A, B, C, D₃, E and K as well as the elusive B₁₂ which seldom occurs in foods of vegetable origin and is a must for vegans. Dried sea vegetables, containing up to 25% protein and up to 14 times as much calcium by weight as milk, are extremely valuable foods for pregnant women and nursing mothers, and being rich in chlorophyll they make a good substitute for greens in the off-season.

It is easy to explain the great nutritional value of seaweeds, but they do taste a little unusual at first. By the third or fourth meal they can taste delicious, it's all a case of waiting a while until our taste buds become accustomed to the taste. Another plus is that seaweeds expand in volume when cooked - so a big packet goes a long way. Their flavours and textures are as varied as any of those you will find at the greengrocers and they can be prepared in countless delicious and appealing ways. Use them in soups, deep fry them or add to salads with a tasty dressing. Many sea vegetables can be commonly found in wholefood shops (as opposed to the vitamin-pill filled 'health food shops'), yet many can be harvested by anyone with a little knowledge and skill, found amongst the abundance of different varieties from around the shores of Britain (but steer clear of polluted areas!) Some of the more common types of sea plant are: -

DULSE - native to the strong currents and rocky coastlines of the North Atlantic, such as the west coast of Ireland - where it is known as dillisk. It is deep red in colour, slightly spicy in flavour, and high in proteins and minerals. Serve raw as a chewy snack, soak for addition to salads or sauté with onions and other vegetables.

LAYER and NORI - Layer is also found around our western shores where people have long used it with oats to make layer bread. Layer, the seaweed that is most rich in protein, is dark green in colour and soft and easy to use. Nori, a variety of laver, is the most popular and widely cultivated sea vegetable in Japan. It is dried on bamboo racks to form flat purple sheets. Toast and crumble or use it to wrap rice balls.

KELP and KOMBU - A thick, flat-leaved plant that grows just off the shoreline in many parts of the world. It is especially rich in iodine. Kelp powder can be used as flavouring in soups and teas. Kombu is a Japanese variety of kelp sold in strips. Use to flavour soup stocks, casseroles and cooked beans. For variety, cook with shoyu soy sauce or boil a large square until tender, cut into strips, tie the strips into knots and sauté with mixed vegetables.

WAKAME and MEKABU - Usually sold under these Japanese names, these seaweeds grow in a lot of other places too. Like kombu, wakame comes in strips, but is much softer and only needs light cooking. It is extra gummy soaked and added to salads or cooked as a side dish with onions and other vegetables. Wakame is an essential ingredient of miso soup. Mekabu takes a little more cooking and makes a sweet, tender vegetable when steamed with onions.

CARRAGEEN and AGAR-AGAR - Carrageen is native to Ireland, agar agar is its oriental equivalent. Primarily used as a vegetable gelatin, agar agar flakes are easy to use and make wonderful sweet or savoury aspics.

— CONTINUED —

— MORE FUN FROM BENEATH THE WAVES —

Unlike most powdered agars, flakes are sun-bleached and processed without chemicals. **HUJIKI** and **ARAMÉ** - these two black Japanese sea plants are especially rich in iron and make ideal side dishes to wholegrains. Cook with shoyu soy sauce and vegetables or stir into salads for a decorative touch. A favourite recipe is pie-aramé mixed with rice, onions, carrots and other vegetables and baked in a pastry crust.

— A FEW YUMMY RECIPES —

DILLISK MISO SOUP

- 1/2 oz. dillisk
- 1 cup parsnips or carrots - diced
- 1 quart water
- 1 teaspoon miso

Chop the dillisk coarsely. Boil the carrots or parsnips in the water until tender. Add chopped dillisk. Boil for 10 minutes, remove from the heat, add the miso and serve.

CARRAGEEN SOUP

- 1 oz. Carrageen
- 4 pints cold water
- 1 stalk celery with leaves cut up
- 1 cup tomatoes (optional)
- 1/2 tablespoon sea salt
- 1 tablespoon soy sauce
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon crushed red pepper
- 1 bay leaf
- Sage and thyme to taste
- 1/2 cup dry white wine

After washing carrageen, cut into small pieces, put all ingredients in a deep pot and simmer until tender (about 2 hours).

OTHER THINGS TOO ... As well as eating them there are lots of other things you can do with sea vegetables. Seaweed shampoo (sold by Faith Products, Bright Eyes and Carobay) is great for all types of hair, a claim backed by the fact that many old ladies living on the west coast of Ireland when they were younger would scrub their hair with the fresh, wet seaweed! Also, tired and aching feet are relieved when we paddle in the sea - no doubt due to the mineral content of the seawater. Finely ground seaweed stirred into warm water will likewise relieve tired feet - also a footbath like this cuts down the risk of sweaty feet!!

WAKAME CUCUMBER SALAD

- 3g wakame
- 2 cucumbers, peeled and thinly sliced
- 1/4 red onion, thinly sliced
- 2 tablespoons shoyu soy sauce
- 2 tablespoons lemon juice
- 2 teaspoons toasted sesame seeds

Rinse wakame, soak in cold fresh water for 10 mins, then drain. Slice into 2 inch pieces. Mix with the other ingredients, chill is desired. Serves 4.

DILLISK SALAD

- 1 oz dillisk
- 1 sliced apple
- 2 large grated carrots
- 1/2 cup alfalfa sprouts
- 1/4 ripe avocado (cut up)
- 1/8 cup currants

Dressing: - 2/3 cup safflower oil, juice of lemon, 2 tablespoons soy sauce.

Chop dillisk finely. Mix all the salad ingredients, mix dressing and pour over salad, toss well and serve.

REMEMBER THE FALKLANDS

LEST WE
FORGET
ONE THOUSAND
DEAD.

DOES ANYBODY REMEMBER THE BLOODSHED OF '82? DOES ANYBODY REMEMBER HOW THE CARACAC OCCURRED? DOES ANYBODY REALLY CARE NOW?

The reason for the Falklands fiasco was not to reclaim back Argentinian soil as was said by Galtieri and the rest of his wolf-pack but to take the Argentinian peoples eyes away from the repressive elements of his government of which I should imagine they were growing extremely restless with, and his countries economic and financial slump by stirring up false feelings of national pride and blind hate towards the British people, who undeniably in the form of the media threw it all back. The military Junta of that country had no right to take over a once peaceful community and must therefore be condemned in history for it and so to must the retaliatory actions of the Thatcher government, whom together caused the untimely deaths and mutilation of over one thousand innocent, young men.

Instead of seeking a peaceful answer to which at first was basically nothing more than a dispute over borders, Thatcher and her cronies replied in a fashion akin to nineteenth century values of Queen Victoria "sending out the gun-boats to protect the good old British empire" instead of first sorting out this countries domestic problems and again seeking a peaceful solution to the Falklands crisis but no, Thatcher used the very same vile and offensive excuse as what Galtieri's government used first in the conflict, only this time she was reclaiming back British soil and protecting the rights of the British citizens on the Falkland Islands, yet only a year before-hand it was the Thatcher government who were denying the Falklanders British citizenship, with the newly introduced Nationality Bill, doesn't that seem a bit strange and hypocritical to you? Nearly as strange and hypocritical as the fact that the Thatcher government had not long before re-established friendly talks with Argentina and were supplying those butchers with "our" weapons that were eventually used on us? strange and hypocritical?

Two years since the war and thank god it's over, millions of pounds wasted on both sides when it could have been put to better use, one thousand lives taken away fighting for a piece of sea-battered rock, a catastrophe which will never go down in history as the brutal destruction of life that it really was, a stupid, senseless battle which will only be remembered as a British victory, how sad, how tragic, how sick.....

Abuse - 1/3 Southouse Scapple, Edinburgh, EH7 8DW, Scotland

SO MUCH BLOOD ON IRISH SOIL...

No doubt, the plight of the Irish touches the hearts of many people, anarchists included (justifiably so). To a lot of people, they enviously the Irish, who have been discriminated against, down-trodden and been the result of Protestant dominance for many years (which is right). But to some people, when the I.R.A. pick up their guns, it is for the cause of Irish liberation isn't it? And sure, look what the Brits are doing to people on the streets of Northern Ireland, sure that's much worse, isn't it?

I have read various bits and pieces stating that the Provos are justified because they are fighting for their liberty, and that Republicans seem to be "superior" because of their "rebellious spirit" and "anti-British" stance that they take...like they have a "headstart to anarchy" because they already oppose the British government. Certainly, it seems that anarchists and Republicans have something in common...the 'enemy' is the same. (Or is it?) But the difference (and it is a vital difference) is that they are only opposing ONE government; just as the loyalists oppose ONLY the Irish government, the Republicans ONLY oppose the British government, and both are currently using violence to enforce their opinionsso, where's the difference?

Innocent people are being killed on our streets by the British army and the R.U.C. (it doesn't matter whether they are Protestant or Catholic - they are PEOPLE); just because the targets of the Provos and I.R.A. are solely those who have been given a licence to kill by the Tory government; does that give THEM a licence to kill? Surely retaliation by violent means is just as bad as the violence caused in the first place? If you oppose capital punishment, and support this type of killing...you are a hypocrite. Think about it.

What is it I am trying to say? Well, just because it has been the Catholic population of N.I. which has been exploited down over the years (which I realise and sympathise with), doesn't mean that violent Republicanism is justified, just as violent Loyalism and violence from the police and the Brits is not justified.... from the plastic bullets to the petrol bombs, from the most expensive high-powered machine gun, to the sawn-off shot gun - it's not just the Union Jack which is soaked in blood, the Tricolour is as well. VIOLENCE IS VIOLENCE, no matter the numbers involved, no matter the reasoning and cause...violence is the policy of ANY govt., wishing to protect its interests..Ireland, Britain, or anywhere else.

Republicanism (violent OR non-violent) cannot be compared to anarchy in any way, Republicans do not even want to see the downfall of the British govt., they just want them to get out of N.I. so that the Irish govt. can take over. Anarchy is different to everyone, but I thought a fundamental was opposing ALL govts, not just one in favour of another?

JULIA DEC '84

BUT ON WHOSE HANDS

PRESS BLACKOUTS AND LIES -

CLASS WAR

BUT STILL WE GROW

A RAGGED army of punks, anarchists and militants are planning another day of chaos for the City.

At a weekend meeting in a run-down squat 10 activists discussed:

Disrupting City streets with smoke bombs; jamming police radios with transmitter devices; raising acts of civil disobedience to bring the City "to its knees."

The meeting was shown films of a previous Stop the City campaign which caused disruption and resulted in several arrests.

Propaganda was passed around including a cheaply-produced magazine called Class Warfare, which talked of "rich bastards" in the City and depicted a cartoon of an overturned police van. The caption read: "Rich scum, and all your scummy lackers, beware! Your days are numbered."

FROM "EVENING STANDARD"

a group of political nutters who preach a dangerous new creed of anarchist violence.

And they are trying to spread their evil message among striking miners. These anarchists - even schoolkids. They can be seen on the pit picket lines, at CND demos and at animal rights rallies. According to a leaflet called Class War:

It is a publication whose symbol is the skull and crossbones and whose message is murderous.

One recent issue shows a picture of Coal Board chief Ian MacGregor falling to the ground with the caption: "We should have finished the bastard off."

Another says that miners who refuse to join in strike must be attacked in their homes, in the pub in the shops and streets. "We've blocked motorways, smashed up scabs' houses, and beaten up press reporters."

In the same issue is a picture of a schoolgirl with a balloon cutting out of her mouth saying: "The homework I'm going out with Class War to wreck the Dorchester."

Class War's favourite hate targets are the meeting places of "rich scumbags."

It urges supporters to attend events like Henley Regatta and polo matches dressed in blazers and Doc Martin boater hats and "make the bastards choke over their picnic hamper."

The group has already alarmed Labour supporters at a meeting addressed by Tony Benn in London. Thrown at speakers and the police were called.

Last week the Labour journal Tribune appealed for information about Class War.

The British Union Against Vivisection and the Scottish Anti-Vivisection Society have issued an official joint statement disavowing themselves from members of Class War who have indicated rallies with the aim of creating chaos.

At recent CND demo, Class War supporters threw bottles at speakers.

Our investigators saw Class War in action at a animal rights rally in London's Trafalgar Square recently.

We met them again selling Class War to miners at Mansfield. Nicola But miners' union official Jim Baxter said: "We can go without these people. We have a right to have but we don't want their sort involved."

FROM "SUNDAY PEOPLE"

Over a year ago the first issue of Class War was produced by 3 people in Wales and sold under a thousand copies. Now on its 12th issue Class War is a monthly, selling in excess of 3000 copies.

This time last year there was no such thing as an anarchist movement in Britain. There was a social scene, made up of a rag-bag of people who had nothing in common except the label 'anarchist'. Many were pacifists, some continued to jerk off over the rotting corpse of Spanish syndicalism, others wanted to live in teepees. They were irrelevant to social revolution and were regarded as cranks or a joke to the majority of working class people.

Now things have changed. The Class War movement is fertile breeding ground for an insurrectionary fight-back.

At actions like 'Stop the City' thousands of militants came onto the streets to fight the police, smash up the property of the rich and, for a day at least, sense their strength.

There are Class War type groups all over the country... London, Brighton, Liverpool, Leeds, Sheffield, Bradford, Exeter, Stoke, Cardiff, Swansea, Glasgow, Edinburgh and elsewhere - all of which are involved in healthy activities.

As Class War is the fastest growing anarchist group around not only the popular media but the established anarchist press have had to resort to lies and slander against us and are united in their attempts to do a hatchet job on us.

The anarcho-pacifist paper "Freedom" runs a regular anti-Class War cartoon strip, entitled "Kronstadt Kids", which depicts working class youth with any fight in them as complete morons. It has also compared us to Dennis Nilsen, the Muswell Hill butcher, and has referred to us as "The real wankers in the movement" ("Mental masturbation in an anarchist rag" being something the Freedom Collective seem more than proficient at).

The pacifist paper "Peace News" calls us "blood-lusting", "psychopaths", "murderous", "obscene", "vile", "disgusting" and an array of similar adjectives, giving an image of us as a bunch of axe-wielding homicidal maniacs. Needless to say there are a multitude of words well appropriate to Peace News; "Shit" being the first to spring to mind.



'CLASS WAR SPRING OFFENSIVE' - RICH SCUM-BAGS SUFFERING FOR A CHANGE; 'THE HORSE & HOUNDS BALL'. (THE BANNER, HELD BY 2 C.W. COMBATANTS, READ "BEHOLD YOUR FUTURE EXECUTIONERS").

they fail to mention is that they tried to prevent us from distributing papers and after failing to stop us going on the march, asked the police to chuck us off it.

We have been called Nazis when we are vehemently opposed to all forms of racism and Fascism, we have been called sexist when we are totally against the exploitation of women in all its manifestations, we have been called mindless holligans, thugs and yobboes and all as thick as 2 short planks. We have the media, anarchist establishment, bureaucracies of the peace and animal rights movements and mining trade unions against us, but they can all go and have a slow, early death. Nothing will deter us. WE ARE THE NEW BREED!



A TYPICAL C.W. MEMBER!

As he spoke, the number of dags grew to 30 or so, sticks and a shoe were hurled through the air, the police moved in, and four men, that I saw, were dragged out of the crowd. By the time Mr Kinnock was quoting Tennyson on a thousand years of peace, quite an active little riot was in progress. I have no idea what about, and neither had anyone I asked.

But earlier I had bought, 10p, a news-sheet called Class War. Plainly it had nothing to do with CND. Under a headline, "Rich Bastards Beware," it advised readers, next time they saw rich bastards, to loathe them, gob at them, spray paint on their walls, and hang round in large enough numbers to make them feel uneasy.

"Fuck getting 250,000 people to tramp like sheep through London to listen to middle-class CND wankers like Joan Ruddock and Bruce Kent, telling them to go home and do nothing. Lets just get 5,000 to turn up at Ascot... and turn our class anger loose on them."

Make them afraid to go out on the streets alone, too scared to show off any signs of their wealth, make them live under siege conditions behind locked doors in their own areas and homes."

And so on, four pages of it. A clever parody? I have no idea, any more than I have about the black flags.

FROM "THE GUARDIAN"

The Campaign for Nuclear Disarmament said yesterday it had persuaded a number of violent anarchist groups not to take part in its demonstration against President Reagan and US arms policy in London on Saturday.

But the anarchists - who have taken part in recent violent protests in London - are organising their own demonstration against the President and other Western leaders attending this week's economic summit.

CND said it had been worried that anarchist groups, such as Class War would attach themselves to the protests. Class War has been involved in violent confrontations with police in London. CND is now relieved that the anarchists will not join the protests on Saturday.

Instead, under the umbrella of a group calling itself Summit '84, the anarchists will take part in a separate attempt to blockade Lancaster House, where the summit talks are due to take place on Saturday. "If there is any violence in London on Saturday at least it will be clear that CND members are not instigating it," a campaign spokesman said.

The threat from the anarchists remains a headache for the police, however.

FROM "THE SCOTSMAN"

POLICE broke up a gang of punks and skinheads who tried to disrupt the Rose Ball in London's Mayfair last night. The gang of 40, who claimed to be from the anarchy group Class War, had threatened to throw urine and tomatoes at guests as they arrived at the Grosvenor House Hotel in Park Lane. One punk said: "We hate the rich bastards."

FROM "NEWS OF THE WORLD"

I HATE PERIODS!!

DID YOU KNOW.....

That if you were to use two packets of tampons every month, you spend £21 per year on the things?

I HATE PERIODS!

Just about everyone I know hates periods too, 'cos they're usually on the receiving end of them!

Every month it's the same old story- stomach cramps, depression, vomiting and totally unbearable moods.

And now we learn that tampons can give women toxic shock syndrome!

About a hundred or so women die of toxic shock syndrome every year, so

It's slightly offputting to use the most comfortable of the two

protections available, with that fact in mind. If men such as Dr.

White had to buy the bloody things perhaps there might be a more active protection from things such as t.s.s. happening. I doubt if you'd have to pay for the things in the first place!!!

A couple of months ago, on walking around Liverpool, I discovered, horror of horrors, I'd run out of tampons. And I found it totally annoying to find that in every single ladies toilet I went into, the machines were either out of order or didn't exist at all. It's amazing that every woman is usually bleeding for about 8½ years altogether in her life, if all the weeks are added up. Surely more facilities should be available for this natural occurrence? But no, most men (I agree not ALL) don't even try to understand the problems that we face. They laugh about it and talk about us being 'on the Rag', and if we happen to be suffering from PMT and we snap at them, they can make the problem worse by being annoyed with us!

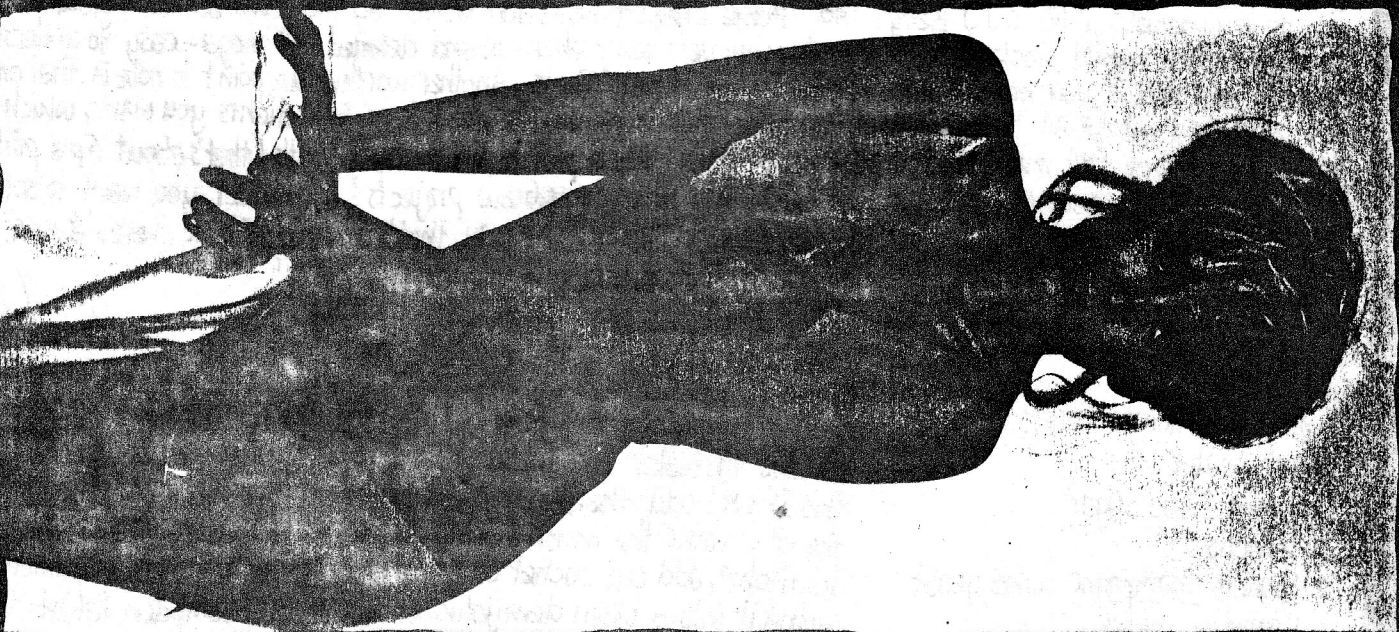
Sorry if I've been a bit stand-offish to anyone I know - I apologise.

Anyhow, I could go on all day, but I won't 'cos you'll probably just dismiss me as yet ANOTHER feminist who is moaning about her periods again. Just think of us sometimes when you see us clutching our stomachs, moaning away - we get tired of it every single month until we're about 50 that's all!



- WOMEN IN CHAINS - 7

- FANTASIES MAINTAINED -



The attitudes that lead to rape and sexual abuse are born on the shelves of the high street newsagent...

She lay naked and defenceless,
Half covered in mud,
And blood.
The judge said "She asked for it!" By wearing a short skirt!
But shouldn't she have the freedom like men? The dirt,
Streaked across her back,
She shivered, alone, and once more felt
The hack of that razor-sharp memory,
Digging deep, into her back.
When they found her she was quite, quite,
Dead.
Her hair, plastered with mud and blood;
Smooth and wet, against her neatly carved
Head.



◀ Page Three girl
Samantha Fox is invest-
ing in property. "I'm
determined to be
financially
independent.
I'm not going
to rely on any
man for
support"

— MAKING HOMEBREW NOT WAR —

For those amongst us who enjoy the odd glass or two now and again, and for one reason or another prefer not to go to male-dominated, over-priced and smoke-filled hostelrys, making your own wine or beer is the perfect solution. There are only a few simple rules to observe and it's great fun too, even if the end result isn't always what you expected. There are basically 2 ways you can go about homebrew - either using kits or buying the ingredients and mixing up the brew yourself, which ever one you use - there is some basic equipment that is helpful to have.

FOR BEER, LAGER, ETC.

A big plastic 5-gallon bucket (with a lid)

Syphon tubing.

Bottles (make sure they have held carbonated drinks before: e.g. pop bottles).

A beer hydrometer is also helpful for telling you when your brew is ready for bottling.

Finnings - to clear beer (buy finings that don't contain gelatin (from ground animal bones) or isinglass (fish scales)).

FOR WINE ETC.

Glass demijohn

Plastic airlock with bung.

Hydrometer - essential as you can use it to find out when your wine is sweet or dry.

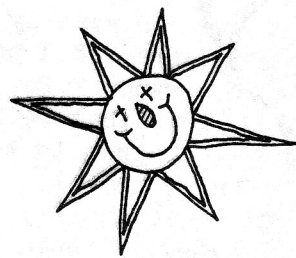
Syphon tubing.

Bottles + Corks.

A corker to put corks in.

A funnel - not necessary but avoids spillages when adding ingredients etc.

Finnings or a filter to make the wine kristal clear!



If this is your first attempt at home-made plonk it's best to start off with a kit. Recommended beer kits are Edme Bitter + Mild and Unican Extra Strong bitter + Best Mild (which is a lot like Guinness!) Good easy wine kits are Wine-master International, Vigneron or Southern Vineyards which all sell for under £3. Good books to read are 'First Steps in winemaking' by C.J.J. Berry, and 'Home brewed beers and stouts' by the same author - your local homebrew shop should stock these books, they are very comprehensive and detailed yet mega-easy to understand and are invaluable if you make your wine from natural ingredients. Another worthwhile point to note is that once you have paid out for all the equipment, you only have to payout for the kits or ingredients you want, which then brings the price of that much-needed pint down from 70p a pint to about 10p a bottle (that's about 5p a pint) - all the money you save can be ploughed back into your homebrew projects! If, however you want to sell some to your mates be discreet 'cos the taxman doesn't like it!! Anyway, that's enough rabbling, here's a nice little recipe for adventurous homebrewers to try. Good luck + happy drinking smileyfolk!

ELDERFLOWER CHAMPAGNE

You need: -

1 pint elderflower florets (free!)

8 pints water.

1 1/2 lb and 2 1/2 oz sugar

2 lemons

2 sachets champagne wine yeast.

1 Campden tablet.

and here's what you do.

pick the florets clean from their stems and remove every trace of green. Boil the the water and the sugar and pour the mixture over the florets. When this is cool add the thinly pared skin of the lemons & the juice. Discard the pith. Cover the mush + let it stand for 48 hours. Strain into a demijohn, add one sachet of yeast and fit airlock. Let it ferment then syphon it into a clean demijohn and add the Campden tablet. When wine is clear, syphon again and store for 6 months (well worth the wait!) Then add 2 1/2 oz sugar and the second sachet of yeast. When fermentation begins again, syphon into champagne bottles, fit corks, tie down with wire cages and then drink it!



FOOTNOTES

For those who are worried about the excessive use of white refined sugar, it is worth remembering that most, if not all of this turns to alcohol during the fermentation process.

Also I recently discovered that half a bottle of Vodka clears beer just as well as any commercially available fining - not to mention what it does to the alcohol content....

THE ASTRONOTES

In the last issue we featured the astro's so in this one I've put in an interview by post with Mart... If you can get them a gig or whatever, contact half of the address below. They are quite an experienced band and have a really good sound. I'm sure you'll like them. I'll be glad to put them in the next issue if you like them. I'll be glad to put them in the next issue if you like them.

Q When did the Astronauts first come together?

A The band was first formed when I wrote some songs in my head as a friend suggested I released them on a 45. I enlisted the help of several musicians. Subsequently we were offered some more gigs so we became a band more by accident than design. Since those days the line up has changed several times and I'm the only original member. Luckily the band has continued despite this and for a 'come off' band has gone through many strange times.

Q How do the ideas for your songs come about?

A Motivation for songwriting is an indefinable concept. It is a mixture of solutions both social and political. Somebody described us once as 'anarchic socialist'. The direct aspiration varies. I've been having an intolerable time then I write personal songs. This acts as an exorcism for some of my more profound worries. Politics, as in social conditions, are always present though sometimes lurk ominously in the safety in metaphors. The words are important, they are songs not speeches and I always have to avoid a tendency to a glut of abstraction. I'm an idealist and hopefully a humanitarian. I attack targets but like to explain why. Emotional intensity is important but there is a sense of humour.

Q How did the gigs and stuff with here and now go?

A The gigs with here and now were ok. In the early days we did several gigs on the freetours. The concept was that the bands/audience didn't receive/pay a fixed booking fee/admission charge unfortunately it didn't always work but at the best gigs there occasionally was the sense of something happening and those could be really good gigs with a genuine rather than forced optimism.

Q What are your political beliefs?

A I have a belief that everybody has a potential both artistic and idealistic. We try to encourage people to think carefully about themselves and the world. Discussion is always important. Sloganising is no substitute for debate. Be an individual and respect other individuals. I also try to return something of an innocent (not ignorant) outlook on life. We do benefits for many pressured groups and animal lib/miners/amenity... but we are the dogs of nobody. We are all instinctively anti-compulsory and predictability and in live performances often very impulsive. We are not preachers but observers. I think everybody spends too much time floundering in the whirlpool of truth (and that includes me and maybe you?) that we never really get to recognize things of true worth. We are not anti fashion either in the form of music or clothes but aware of it.

Q Do any of the band take part in any actions concerned with their beliefs?

A Various members of the band have taken part in certain activities and at a variety of times. I'm not a particularly hardy chap so I haven't been sabbing or pulling down fences at missile bases but those who do these things have my endless sympathy and admiration and if I was fitter I'd be out there. This is not to say I will do anything I can do (gigs, articles, publicity) to help. We've all attended various marches.

Q What are your views on the music biz?

A Before answering this question somebody just told me a joke. "What's the difference between a buffalo and a bison?" "You can't wash your hands in a buffalo." (Oh bad joke!!) - a real rib tickler. But not as funny as the music business is a profit making venture and if sign a contract you become in their eyes a commodity. It is very easy to attack people who sign on the proverbial dotted line without thinking why they do it. Many idealistically sound people I've known have signed up for the band to survive. There is nothing wrong with managers and agencies per se it is how they operate. Many musicians tend to be untalented at arranging things. How do we defeat it - communal pa's alternative (clique) agencies and good cheap gigs. But we have to make gigs good and entertaining with a good sound and generally well run to attract more people into the other way of doing things. Communication is so vital between like minded people and I honestly feel that a series of meetings should be held nationwide for band members, fanzine writers etc in order to try and coordinate resources and publicity. This may seem a bit formal but the music biz is a huge well organized institution and to take it on we need to be united. We must attract more people to the gigs and books etc. This will mean greater planning and diversification of material but there is no point in becoming an insular clique wallowing in its own intransigence. I try to learn from all mistakes including my own. Profits from an alternative circuit should be used in strengthening it and the people involved. Financially groups should be able to earn enough to survive without the DHSS. So I think we will have to be self-sufficient - don't use the traditional music biz abuse it.

Q What are your views on the now ended miners strike?

A The miners strike has been the subject of many emotive outbursts. The effect has been an increased polarization of beliefs. But apart from the obvious civil liberties questions one has to remember the dispute was basically the logical outcome of the election of a monetarist regime. The cabinet and their advisors are the unconscious puppets of such economic gurus as Milton Friedman and Adam Smith and other hard line profiters. I don't envy the miners, it's a dangerous job. Why then do they fight? Because they care about the communities and their children and I admire their struggle against being crucified on the altar of the market. Also the Government is showing a dangerous tendency to be considering nuclear power and thus it has to weaken the miners union. The media in collusion with the managers pursued a relentless campaign of misinformation during the strike and effectively quashed any wide spread industrial support from other unions. The police undoubtedly behaved in a militaristic and provocative manner (were they all policemen? some had no numbers on their shoulders). I think that now everybody should watch the next moves from the NCB and be ready to shout out in the face of bureaucracy. It is now a battle of dogmas and Thatcher & her cronies can be very indictive. I think the miners can and must fight back and we all should help them, but this really is only a sketch and could go on for hours but I won't (phee!!) this was done when they were still on strike. but it still stands today.....

Q Do you think you've reached many people with the Astronauts?

A We are reaching an increasing number of people and quite a wide range of people. Now we've reached them can we touch them? I don't know I'm still trying. It's good to get in touch with people round the country. Write to the press hassle them to play us on your local stations, we'll do the same for you. Publicity is so important and so expensive so the fanzine network has been invaluable and I'd like to thank them.

Q Who writes the words and music for the Astronauts?

A I write the words and tunes and we work out the arrangements together.

Q What is Welwyn Garden City like for things?

A Welwyn Garden City is like many a rich southern new town generally apathetic but a very welcome minority of people who try to do things. Unfortunately its proximity to London means many people tend to go there. But we've got woods and this year I'm organizing a free one day festival for local bands with the council (Labour by name, SOP by instinct). Generally however it is a bit middle class (does anybody know what that means in 1985) and the haves of the (sociologically speaking) family.

Q Any news of new records songs or anything else you wanna ramble about?

A Hopefully we have over 20 new songs ranging from 30 seconds to 20 minutes all ready to be unleashed. We're hoping to do a single with another band called 'smash at the blues' who we all like on the other side. Also I'm going to get someone to release a tape. The new songs are slightly heavier and more manly but also include some spanish dancers and european style ballads... end of commercial.

Q If anybody wants any unreleased track or two for any tape/record we'll be pleased to oblige. We've already done various tracks for RHM GMD in the past. On the vinyl front we want to make sure that if we release another record that it will receive the decent promotion and distribution and also that we can sell at gigs. All this means is I'd like as many people as possible to be able to hear it and be able to get hold of it as this has been our main problem in the past..... The band... many thanks to Mark for this interview.....

Mart 27 Westfield/Welwyn Garden City/Herts.

GET READING THIS THEN MATEYS!!

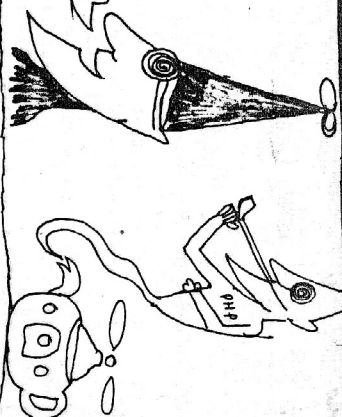
If anyone of you out there has any astro's live tapes please write to me (Giff) at the address at the front... Thanks!!

BANANA
NIRVANA
MONNANA

GONG

Flying Saver
Flying teacup
Flying teapot

A BLAST
FROM THE PAST



Daavid Allen is perhaps one of my bespess musicians and him together with other musicians and personalite form perhaps the most grooviest band called GONG. Even though gong as a band split up in about 1979 their music is still really good stuff so I decided to do an article on them it may even interest someone out there who knows???

Gong music is a bit hard to describe its jazzy folkie rocky it can only be described as Gongian. Gong formed in about 1971 with Daavid Allen the main driving force and the inspiration behind them. Daavid had spent most of the sixties living in France. After leaving a band called Soft Machine (a sixties pop, jazz band) Daavid found himself living in Paris also around that time where the students uprising and riots in 1968 which he became involved with. Most of Daavids lp 'Banana moon' is based upon his experiences and the events of that time. Daavid was forced to leave Paris by the french authorities. The Planet Gong mythologies made up by Daavid are mainly based on sound, philosophical ideas and are indeed what kept Gong alive and perhaps what gave them that certain liking with zero the hero, the pot head pixies, flying teapots, fired the fish, the octave doctors fillin many of the lyrics of many of the Gong lp's. Daavid did many talks and lectures about the Planet Gong in the seventies. Gong also played many gigs concerts and festivals and even played in prisons. This is only a small part of Gong's history and really only focuses on one member but as I said earlier he was the force really behind them and his music is better than all the other Gong members who split up to do their own solo lps and things. Gong's music is really happy and cheering than many of the boring bands nowadays so perhaps you will go and buy Flying Teapot lp as that is very brilliant. I've written down Daavid Allen/Gong discography as it may be of use to someone and also the stuff I've got so if you want a copy of any of my gong collection just send a tape ok. Any live tapes of Gong, daavid allen or Gili smyth or any information or if I've made an any mistakes please write to Griff 50 Deamford ave bromborough Wirral merseyside 162 6dy ok thanks for reading.....

Daavid Allen - Album discography

- 1967 Soft Machine
- 1969 Macik brother mystic sister
- 1970 Bananamoon
- 1970 Camembert electricque
- 1970 Continental Circus
- 1972 Glasnostbury Bayre
- 1972 Flying teapot
- 1973 Angels egg
- 1974 You
- 1974 Greasy truckers
- 1976 Good morning
- 1977 Now is the happiest time of your life
- 1977 Gong live electrica
- 1977 Planet Gong/Floating anarchy 1977
- 1977 Gong est mort, vive gong
- 1978 Nextstep pas
- 1979 New york gong/about time
- 1980 Divided alien playbox 80

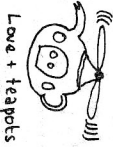


Daavid Allen. 10" 45s
with planet gong (here & now)
Optum for the people/stone innoc frankenstein
with New York Gong (Material)
Jungle wind(w) much too oldmaterialism



Oh yeah also Gong apcition Society and othersongs cassettes have quite a good list of Gong, Mother Gong, Gili smyth, Daavid Allen stuff + other things... they're ready to leap through... GAS % ZERO FLAT 1, WOODLANDS OLD HADDON HILL, KENMOR, NERE EXETER, DEVON, U.K. EX6 7XX

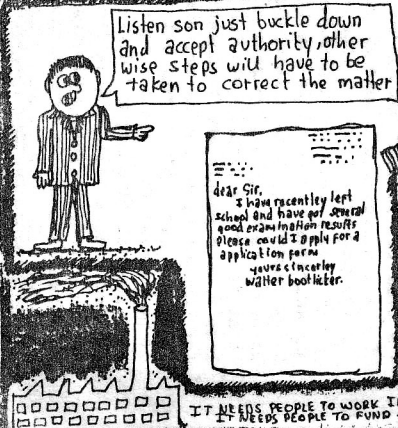
GONG



Love + teapots... griff xxx

-from School to Work-

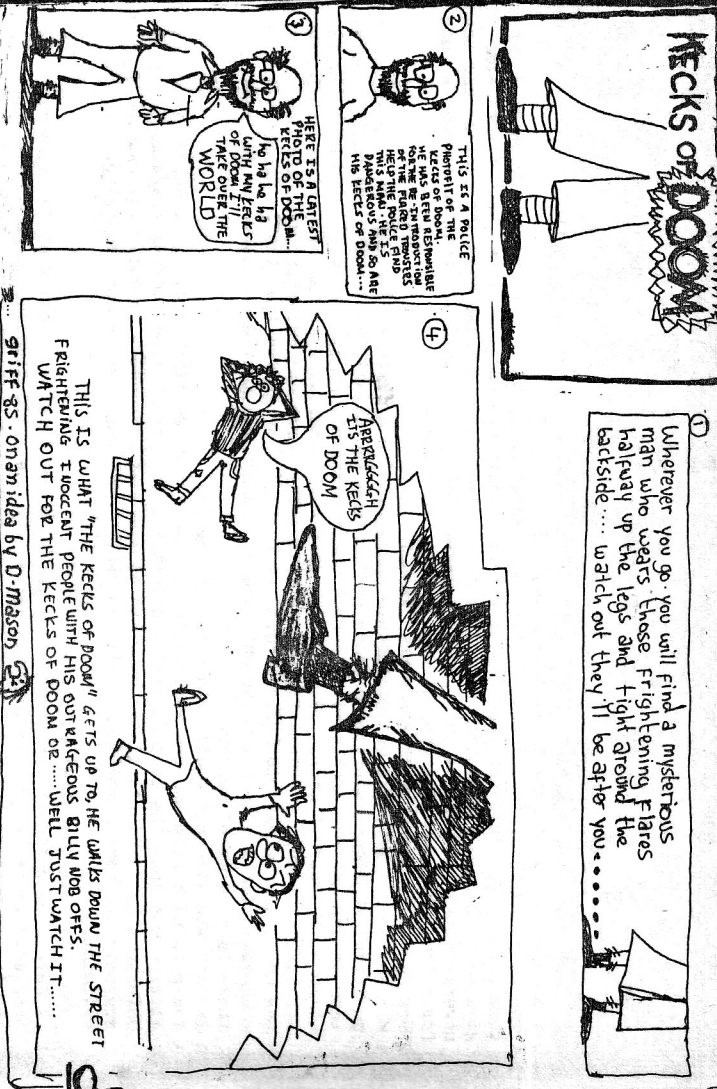
Picture the scene, a schoolroom in it is sat the last year of school in front of the school pupils is stood a teacher. The subject that teacher is teaching is career guidance. The teacher looks up and down and the assembled class and quotes from the the glossy magazine that the assorted firms that want to employ people produce about the prospects of employment for the "Young school leaver"..... Here in this school which is the same as every other school the teachers instill into the pupils that they must accept that after school they must get a job or at least get on a youth training schemes. To not get a job is seen as insane and something bad and 'Hope you get some better luck in finding a job' from the working adult population. In this we have all these workers advising us how we must find this job. Teachers of schools show us how we must write these letters to our 'Future employers' how to construct each sentence perfectly how we all must dress for these interviews and a million and a half utterley jobist and useless drivel about how we must get on in life. All these advisers teachers and working know alls and all these career services have all got one thing in mind for the "young school leaver" thats to fit us in with mindless mind destroying work and utterley pathetic youth training schemes the object of this to keep us content to mould us into place to fit us in with earning wages paying income taxes to the governments and to make us all accept authoritarian ideals. By not working for them we are not accepting their authority therefore not paying taxes to support the state I WILL NOT ACCEPT THEIR LIES AND THEIR PLACES OF SLAVERY. stuff working for profit, work for peace.



dear Sir,
I have recently left school and have got several good examination results. Please could I apply for a application for a position in your company. I am a very hard worker and I am sure I will be a valuable asset to your company.

IT NEEDS PEOPLE TO WORK IN FACTORIES TO MAKE WEAPONS
IT NEEDS PEOPLE TO FUND IT ALL. IF YOU WORK YOU ARE AT FAULT.

KECKS OF DOOM



THIS IS WHAT "THE KECKS OF DOOM" GETS UP TO. HE WALKS DOWN THE STREET FRIGHTENING INNOCENT PEOPLE WITH HIS OUTRAGEOUS BILLY NOB OFFS. WATCH OUT FOR THE KECKS OF DOOM OR... WELL JUST WATCH IT.....

griff 85 - on an idea by D. Mason



As if cruise missiles and mickey mouse weren't enough, we've now unfortunately been colonised by American fast food temples dedicated to the gods of profit and capital and to the worship of selfish and uncaring attitudes. Big business they certainly are, Kentucky Fried Chicken are the worlds largest food retailer and McDonalds serves more meals in the USA than anyone else, needless to say it is also responsible for the slaughter of 300,000 cattle each year, and in 1972, when the company was somewhat smaller than it is today, it took 315 square miles of forest to keep them supplied with paper packaging for ONE year.

We all know why they are here-they are in the business of making money and fast foods are a very reliable way of doing that. But they haven't been universally accepted, in Stockholm two of the first stands were bombed as a protest against "creeping American cultural imperialism". Everything about places like McDonalds is evil, from the visible things like the additive laden, goodness removed 'food', the seats and tables, specially designed to be uncomfortable so that people eat their shit and get out quick to enable more people to come in and buy their lies, people sitting around chatting means less money and less profit for the McDonalds regime, to the invisible, and probably worse things like the destruction of our precious rainforests to the murder of hundreds of thousands of animals.

McDonalds have no reservations whatsoever about what they're doing, why should they? They've got lotsa lovely blood(literal)money in the bank so why should they care about anything more than their fucking quarterpounders and Ronald McDonald 'Happy Hats' and the money that this shit makes for them? It's up to us to tell them that they can't get away with their filthy business, and in more ways than just standing outside the stall with a placard. Who are they to think that they can get away with killing animals, destroying land and trees that we all take pleasure in, and condemning thousands of millions of people to starvation by their farming techniques; who are they to assume that it is their food that we want to eat; who are they to invade our high street with their plastic blandness?

Recently people were interviewed about their jobs at McDonalds. The following verbatim quotations were taken from these interviews.

"The first day we did the toilets, and the second day we did the toilets and mopped up the floor. Every new person did the toilets."

"We always had to look as if we were doing something, even wiping for nothing, always making unnecessary work, always looking busy".

"You were always made to smile and one day the manager came and Iserved him like any other customer, he complained 'cause I hadn't smiled. Isaid I didn't want to smile for nothing, so the following day they gave me the mopping job again. I left soon after'. 'You cannot sing, you are told off. You cannot whistle either'.

Speaks for itself, doesn't it...the whole thing just fucking stinks of American attitudes. Fast food, fast money.....



YOU'LL GET A BANG... out of wearing these seductive teasers



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Whats wrong with Pornography ??



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Just pass by any newstand or bookstore and I am sure you will be able to easily find books filled with nude women in degrading sexual positions, reducing them from intelligent human beings to just a mound of flesh for man to want to control. Many people will defend porograp -by by saying that it advocates sexual freedom. What a load of shit!

Pornography is about male power. It is about exploiting people for profit. It's aim is not to make sex more free and open but to make it something insensitive and a power game. It takes away the beauty and passion that is shared during sex

A lot of pornography shows women being hurt or raped. The woman is the helpless victim of the all powerful male. Pornography is one of the major causes of rape. It makes men hurt women. By seeing pictures of women being hurt and enjoying it, it makes the man view women as just an object that they can use for their sexual fulfillment.

So many times have I heard women speak about when they didn't want to have sex with their husbands, he will force them because he feels they owe it to him. He does not view his wife as an equal person. To him she is just there to cook his meals and be his slave that he can use at whim. If a husband rapes his wife she cannot even bring the case to court and have a fair trial set up. And besides the judges are all men, so who do you think they'd sympathize with? So again the woman has no say in the matter.

By reading and buying porn mags you are promoting an industry that promotes exploitation and oppression. As women you must learn to say no to their slave industry and protest against them. As a male you must refuse this garbage and protest against it as well.

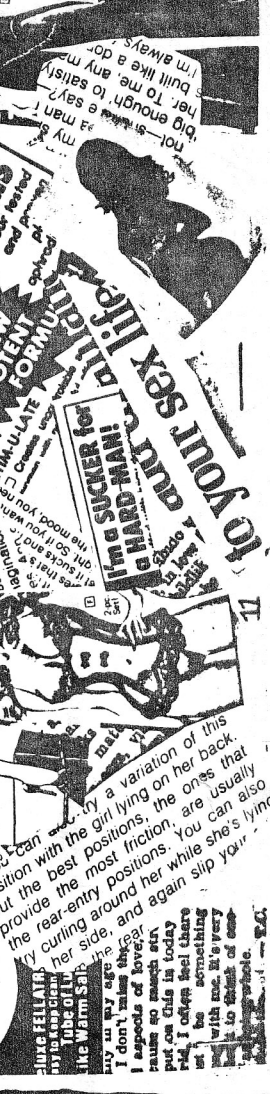
There is no need for separatism though. Nothing will be achieved by hating the opposite sex. By hating men you are only being sexist against them and therefore many men will refuse to be part of the movement because they feel that they are hated and not wanted. And then in turn they will also return that hatred and it only makes matters worse. Equality for all..... we can change this present situation of oppression only if we stick together. Its going to take love, respect and understanding. Together we can bring the atrocities to an end. Its your choice. I choose not to be part of their shitty money making schemes.

Don't remain silent anymore. The pornographic bookstore still sits on the street.

IT'S YOUR CHOICE.....

This article was written by Jae who lives in New York she also plays in a band called APPLE at 25 Van Dam Street/Greenpoint Brooklyn/New York 11222/USA//

I might also be distributing their demo in the UK....griff



100% COTTON... 100% COTTON... 100% COTTON...

100% COTTON... 100% COTTON... 100% COTTON...

the
back
page

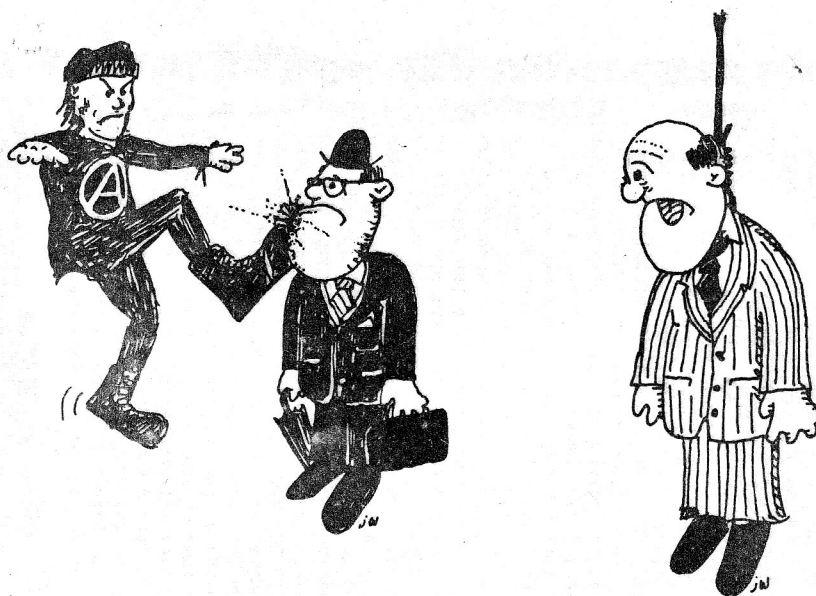
and so we come to the end of this issue

LOOK OUT RICH SCUM YOUR TIME IS UP!!

The peace brigade have been around far too long its time for something different, the law just laughs at those wimpy women pacifists going limp and letting themselves be arrested. Take for instance the animal liberation front, we have liberated thousands of animals and smashed up loads of property.. That is what the law is afraid of.. fighting rioting and damaging. The red army faction in germany is blowing up NATO pipelines and military institutions, The IRA have nearly got rid of all the rich tory mps. Activists in the UK have done millions of pounds worth of damage to institutions of death, factory farms and animal research establishments.

THE ONLY LANGUAGE THE RICH UNDERSTAND IS THE SOUND OF THEIR PROPERTY BEING DESTROYED.

The rich scum and all their protective lackeys have had it easy LETS GIVE THEM SOMETHING TO REMEMBER..... FIGHT BACK.....



•bomb culture•

SEE YA SOON!!

Well thats just about it for issre two, I hope the zine has been thought inspiring... tough shit if you don't like it as i've now got your money and i'm well on the way to the bank....

Number 3 is now being written dunno what will be in it, maybe a picture of pete c's backside, (we'd have to enlarge the paper to fit it on....) Anyway ta for buying + reading.... anarchy love + action to you (unless you are a rich bastard then go and drop dead)..... See ya soon griff and John

→ a big fuck off to all the punky posers that don't give a shit on Merseyside We don't need you..

hannu smilina nenduct - noncommittal mordism at will - the war or then lord 1985

its Percy
Peebles
thumping

god told
me to
do it

griff 85